

MYFA 8 Man Rules

Field - 100 yards long 45 yards Wide

Start of the series - 40 yard line

Offensive alignment- 5 players on the line. 3 in the back field. 2 end players on the line are eligible, 3 backfield players are eligible.

- Weight restricted player on the end line is not eligible
- Offense must have all 5 players on the line of scrimmage with traditional splits.

-No unbalanced lines.

-Red stripes must play center and guard

-Weight restricted player may advance a fumble or tipped pass.

Defense

- No blitzing
- Weight restricted players must line up between offensive ends on or off the line of scrimmage.
- Weight restricted player may return fumbles and interceptions.
- Linebackers must line up 2 yards off the line of scrimmage

Back fields/substitutions

-3 player separate back fields

- 2 separate teams playing equal playing time for 3 quarters. 4 minutes each.

- 4th quarter open substitutions on both offense and defense.

- teams of 17 or more shall use play runners

- Injured player must be replaced by player on the other side of game day roster.

Special Teams

- Team must declare Punt ,no fake punts.
- Extra points placed on the 3 yard
- Run or pass 1 point . Field goal 2 points.
- 30 yard auto punt may be declared

Touchbacks/ Safeties

- In the event of touchback or safety the ball shall be placed on the 20 yard line.

Timeouts

- 3 per half

Game timing

- Standard MYFA game length

MYFA standard overtime rules apply.